

## ABSTRAK

Niqku Bahtiar Papang. K4612111. **PENGARUH PROGRAM LATIHAN *SHOOTING* (PAT SUMMITT) TERHADAP HASIL *SHOOTING FREE THROW* PADA SISWA EKSTRAKURIKULER BOLA BASKET SMA NEGERI 3 DEMAK TAHUN AJARAN 2017/2018**. Skripsi, Surakarta : Fakultas Keguruan dan Ilmu Pendidikan Universitas Sebelas Maret Surakarta. Novenber 2018.

Penelitian ini bertujuan untuk menguji (1) mengetahui ada atau tidaknya pengaruh program latihan *shooting* (*pat summitt*) terhadap hasil *shooting free throw* pada siswa ekstrakurikuler bola basket sma negeri 3 demak tahun ajaran 2017/2018. Populasi dalam penelitian ini adalah 20 siswa ekstrakurikuler di SMA Negeri 3 Demak. Sampel yang digunakan dalam penelitian ini adalah 10 siswa ekstrakurikuler. Penelitian ini menggunakan metode eksperimen dengan desain *Matching Subjeck Design*. Teknik pengumpulan data yang digunakan adalah *Pre Test*, pelaksanaan latihan dan *Post Test* tembakan *free throw*. Teknik Analisis yang digunakan adalah (1) Teknik Uji Validitas dan (2) Reliabilitas Instrumen.

Hasil penelitian ini bahwa ada perbedaan yang signifikan latihan *shooting* bola basket *free throw* pat summitt pada siswa ekstrakurikuler SMA N 3 Demak tahun ajaran 2017/2018 dengan hasil awal kelompok eksperimen (*pre test*) rata-rata sebesar 15,80 dan nilai akhir ( *post test*) rata-rata 22 dengan prosentase peningkatan kemampuan *free throw* sebesar 39,24%.

Simpulan penelitian ini adalah ada pengaruh yang signifikan latihan *shooting free throw* bola basket pat summitt pada siswa ekstrakurikuler SMA N 3 Demak tahun ajaran 2017/2018.

**Kata Kunci** : latihan *shooting* (*pat summitt*), *free throw*, hasil program latihan *free throw pat summitt*.

## ABSTRACT

*Niqku Papang Bahtiar. K4612111. **The INFLUENCE of SHOOTING EXERCISE PROGRAM (PAT SUMMITT) against the RESULTS of SHOOTING FREE THROW in BASKETBALL-PLAYING STUDENT SMA NEGERI 3 DEMAK 2017/2018 SCHOOL YEAR.** Thesis, Surakarta: Teacher Training and Education Faculty, Sebelas Maret University, Surakarta. November 2018.*

*This study aims to test (1) to find out whether or not the influence of the pat summitt training program on the results of shooting free throws on 3 demak senior high school basketball extracurricular students in the 2017/2018 school year.*

*The population in this study were 20 extracurricular students at Demak 3 Public High School. The sample used in this study were 10 extracurricular students. This study uses an experimental method with the design of Matching Subjeck Design. Data collection techniques used were Pre Test, implementation of exercises and Post Test free throw shots. The analysis techniques used are (1) Validity Test Techniques and (2) Instrument Reliability.*

*The results of this study that there are significant differences in free throw pat summitt basketball shooting practice on extracurricular students of SMA N 3 Demak 2017/2018 academic year with the initial results of the experimental group (pre test) an average of 15.80 and the final score (post test ) an average of 22 with a percentage increase in free throw capability of 6.2%.*

*The conclusion of this study is that there is a significant influence on basketball practice basketball shooting free throw pat summitt on extracurricular students of SMA N 3 Demak 2017/2018 school year.*

**Keywords:** *practice shooting (pat summitt), free throw, the results of the exercise program free throw pat summitt.*